

Opioids in Wyoming, Medication Assisted Treatment & Opioid Overdose Reversal

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Recover Wyoming

Acknowledgements

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Meet



FACES &
VOICES
OF RECOVERY

What is an opioid?



Natural

- Morphine
- Codeine



Semi-synthetic

- Heroin
- Oxycodone
- Hydrocodone



Fully synthetic

- Fentanyl
- Methadone
- Buprenorphine



Opioid Crisis

What do we know about the Opioid Crisis?

- ▶ 21 to 29% of patients prescribed opioids for chronic pain misuse them
- ▶ Between 8 and 12% develop an opioid use disorder
- ▶ An estimated 4 to 6% who misuse prescription opioids transition to heroin.
- ▶ About 80% of people who use heroin first misused prescription opioids.

The Story of Opioids in Wyoming

KEY FINDINGS by WYSAC Study, 2018 (Wyoming Statistical & Analysis Center, Univ. of Wyoming)

- ▶ Non-medical use of prescription pain medication in Wyoming is comparable to the national average -- US - 4%, Wyoming - 3% (self-reporting ages 12 and older).
- ▶ Past year nonmedical use of prescription pain medication in Wyoming is most common among young adults
 - ▶ 7% -- Ages 18-25
 - ▶ 4% -- Ages 12-17
 - ▶ 3% -- Ages 26 and greater

Opioid Prescribing Rates

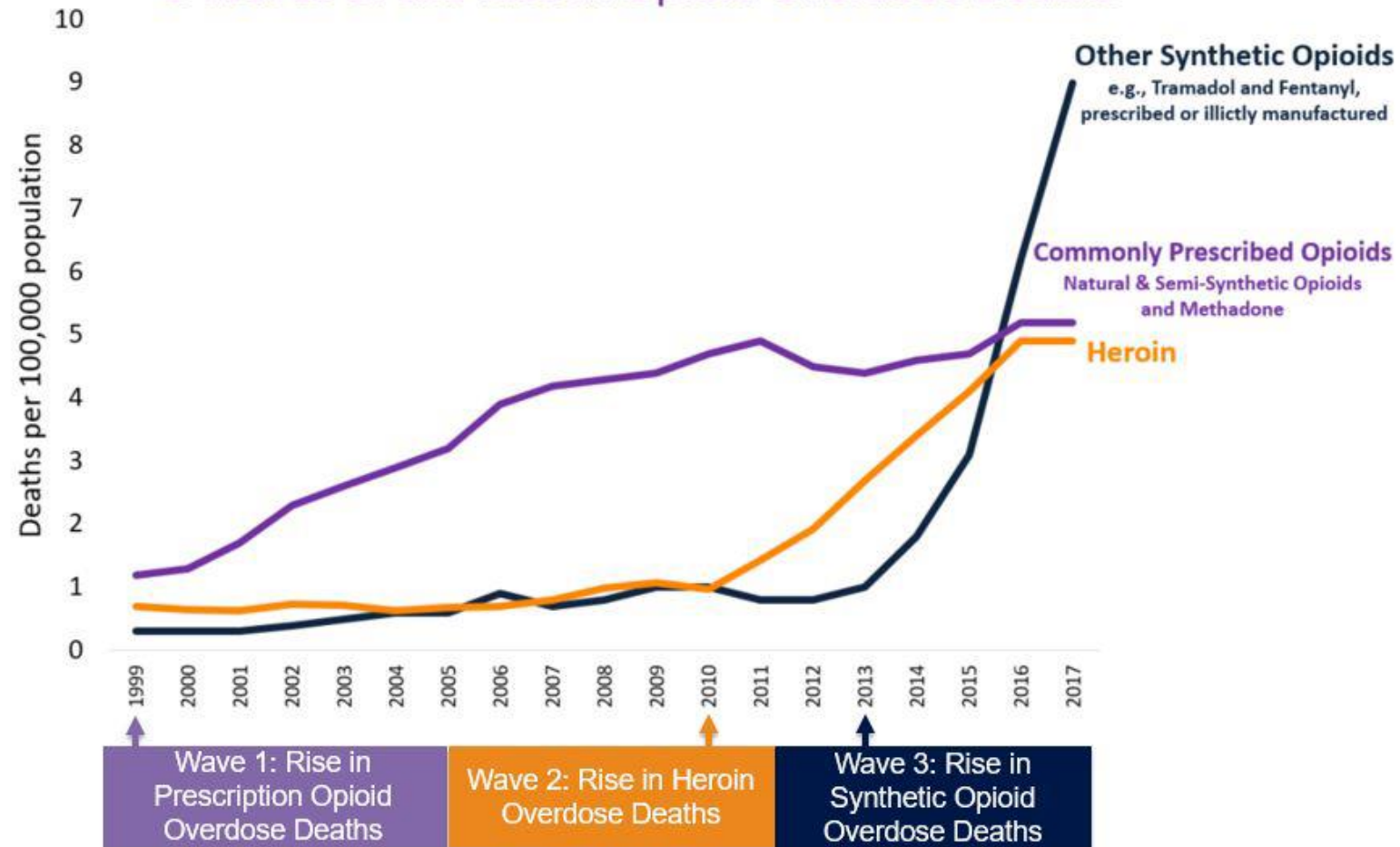
- ▶ Wyoming's opioid prescribing rate is above the national average
- ▶ 2016- Retail opioid prescriptions dispensed per 1,000 persons
 - ▶ U.S - 665
 - ▶ Wyoming - 711

The Story of Opioids in Wyoming (continued)

WYSAC Data

- ▶ Wyoming has a stable rate of poisonings deaths due to opioids while the nation continues to increase.
- ▶ The rate of poisoning deaths due to opioids in Wyoming and nationally have steadily been increasing over time, with a recent increase in the national rate.

3 Waves of the Rise in Opioid Overdose Deaths



SOURCE: National Vital Statistics System Mortality File.

Drug Overdose Deaths in the United States 2017

Overdose Deaths (any drug)
70,237

Deaths/1000 - 21.7

Any opioid 47,600

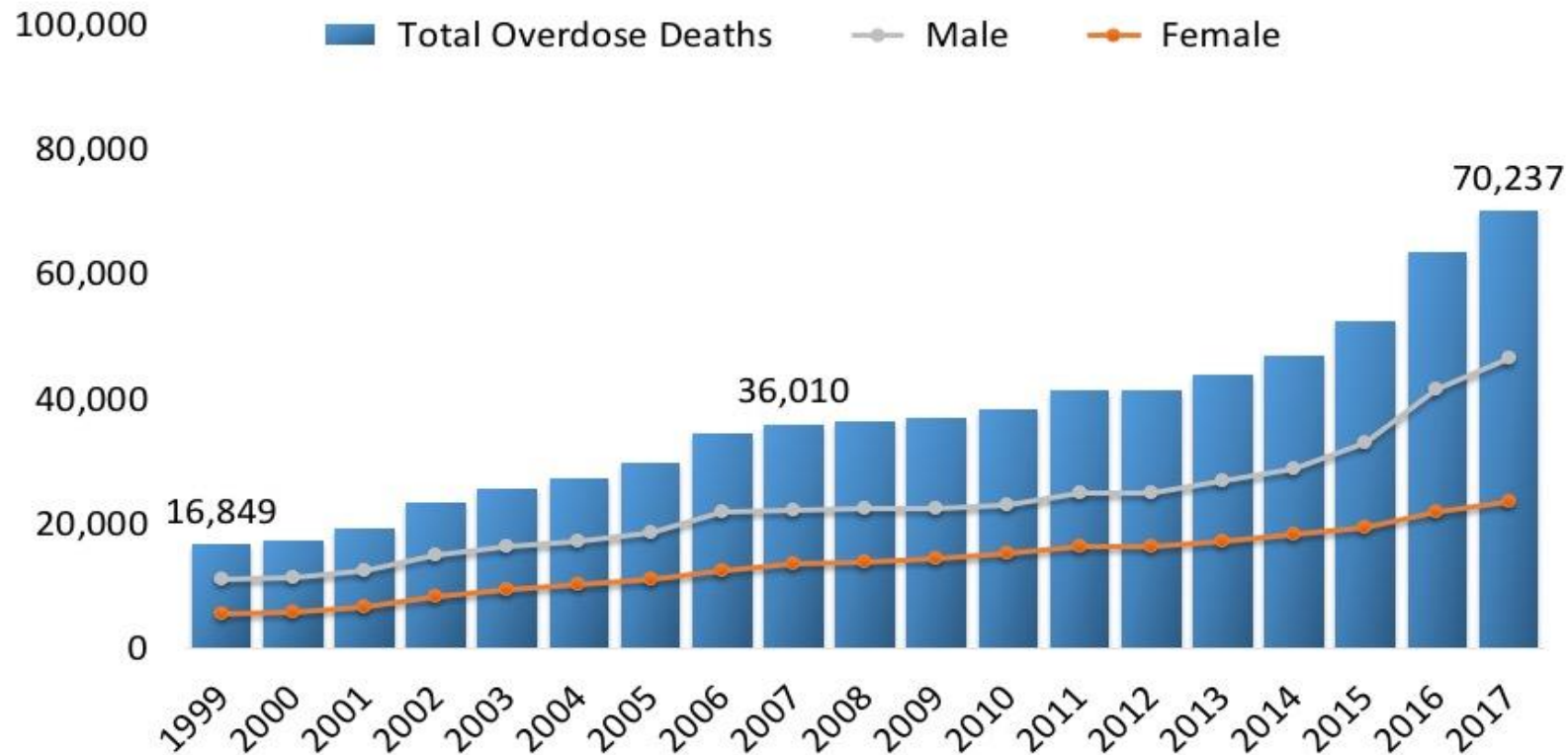
Deaths/1000 - 14.2

Heroin 15,482

Deaths/1000 - 4.9

Source - National Center for Health Statistics, National
Vital Statistics, Mortality

Figure 1. National Drug Overdose Deaths
Number Among All Ages, by Gender, 1999-2017



Source: : Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2017 on CDC WONDER Online Database, released December, 2018

Drug overdose deaths - Wyoming

- ▶ **2017 - 69 overdose deaths**
(all substances)
Deaths/1000 - 12.2

Prescribing Issues and Under Reporting

- ▶ New efforts - PDMP - Prescription Drug Monitoring Programs
- ▶ The Wyoming Board of Pharmacy established a Prescription Drug Monitoring Program in July 2004, (W.S. 35-7-1060). The Board collects Schedule II-V controlled substance prescription information from all resident and non-resident retail pharmacies that dispense to the residents of Wyoming.
 - ▶ Wyoming Legislative Changes, 2019
 - ▶ Expanding the requirement to report prescriptions

Defining Addiction

Opioid Use Disorder - Diagnostic Criteria



- ▶ Opioids are taken in larger amounts or over a longer period than was intended
- ▶ Persistent desire or unsuccessful efforts to cut down or control use
- ▶ Extensive time and effort are spent in activities to obtain the drug, use it, and recover from the use.
- ▶ Craving or urge to use opioids.

Opioid Use Disorder

- ▶ Recurrent use resulting in failure to fulfill obligations at work, school or home.
- ▶ Important social, occupational, or recreational activities are reduced or given up because of use.
- ▶ Tolerance changes: need for markedly increased amounts to achieve intoxication or desired effect or diminished effect with use of the same amount of opioid.

OPIATE



WITHDRAWAL

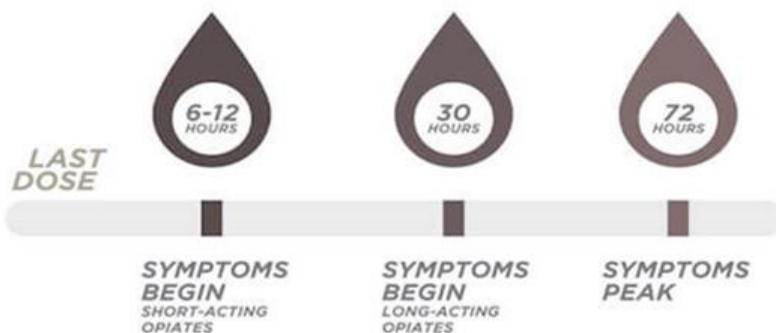
OPIATE DRUGS, INCLUDING PRESCRIPTION **PAINKILLERS AND HEROIN**, CAN PRODUCE WITHDRAWAL SYMPTOMS JUST HOURS AFTER THE LAST DOSE .

WITHDRAWAL SYMPTOMS

UNASSISTED WITHDRAWAL MAY NOT BE LIFE-THREATENING, BUT IT CAN BE HIGHLY UNCOMFORTABLE. PEOPLE MAY BE MORE VULNERABLE TO RELAPSE IF THEY DO NOT RECEIVE PROFESSIONAL MEDICAL TREATMENT TO HELP RELIEVE WITHDRAWAL SYMPTOMS.

BETWEEN 26.4 MILLION AND 36 MILLION PEOPLE AROUND THE GLOBE ABUSE OPIATE DRUGS, WHICH INCLUDES PRESCRIPTION PAIN RELIEVERS AND THE ILLEGAL DRUG HEROIN.

TIMELINE



100 AMERICANS DIE OF A DRUG OVERDOSE EVERY DAY, AND 46 PEOPLE IN THE UNITED STATES DIE DAILY DUE TO PRESCRIPTION OPIOID OVERDOSE.

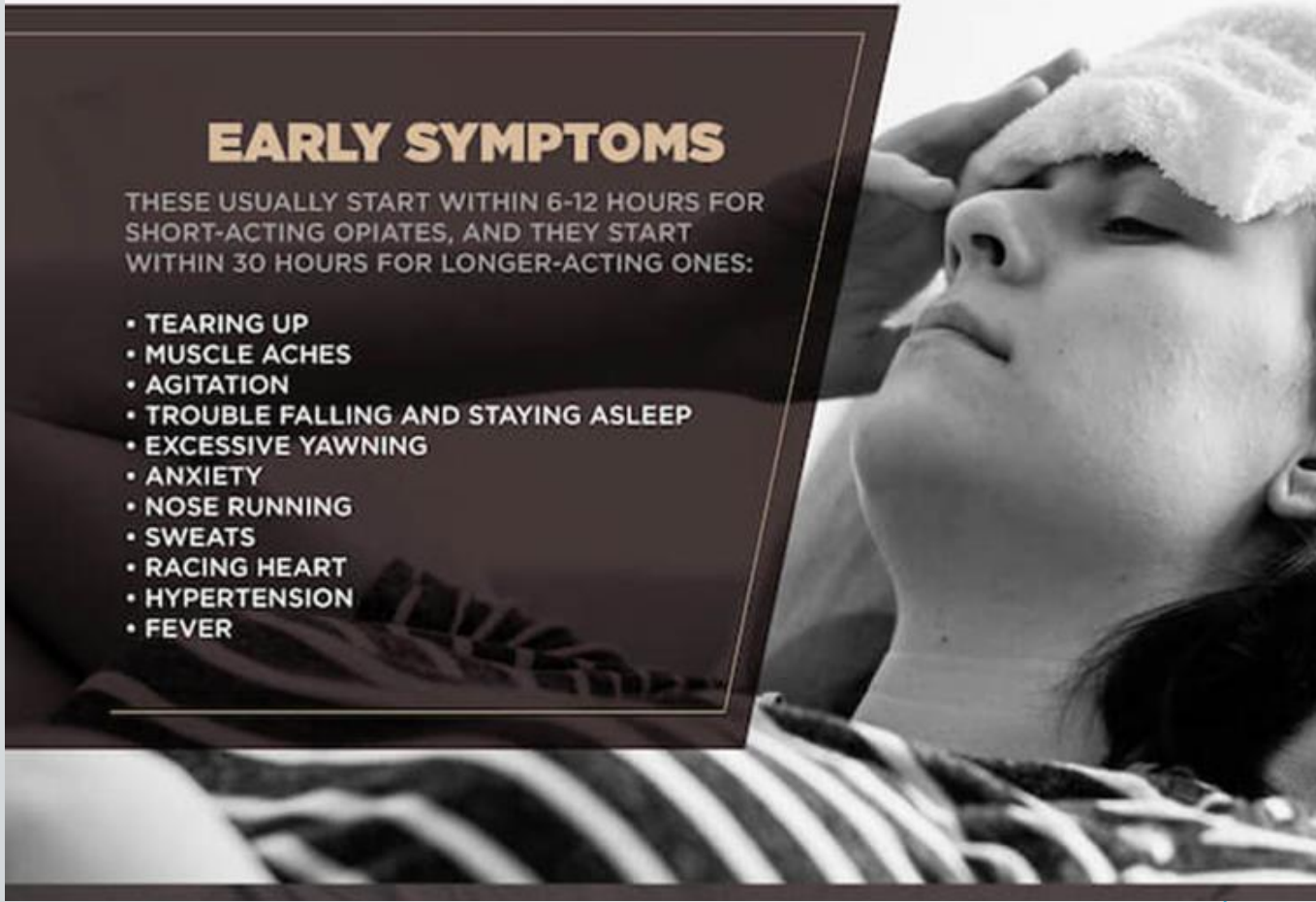
OPIOIDS ARE RESPONSIBLE FOR MORE DEATHS THAN ANY OTHER MEDICATION OR DRUG.

WITHDRAWAL SYMPTOMS

EARLY SYMPTOMS

THESE USUALLY START WITHIN 6-12 HOURS FOR SHORT-ACTING OPIATES, AND THEY START WITHIN 30 HOURS FOR LONGER-ACTING ONES:

- TEARING UP
- MUSCLE ACHES
- AGITATION
- TROUBLE FALLING AND STAYING ASLEEP
- EXCESSIVE YAWNING
- ANXIETY
- NOSE RUNNING
- SWEATS
- RACING HEART
- HYPERTENSION
- FEVER





LATE SYMPTOMS

THESE PEAK WITHIN 72 HOURS AND
USUALLY LAST A WEEK OR SO:

- NAUSEA AND VOMITING
- DIARRHEA
- GOOSEBUMPS
- STOMACH CRAMPS
- DEPRESSION
- DRUG CRAVINGS



TREATMENT

MEDICAL DETOX:

ENCOMPASSES BOTH PHARMACOLOGICAL AND PSYCHOLOGICAL TREATMENT IN A SAFE AND COMFORTING RESIDENTIAL SETTING.

VITAL SIGNS, SUCH AS BLOOD PRESSURE, RESPIRATION LEVELS, BODY TEMPERATURE, AND HEART RATE, NEED TO BE CLOSELY MONITORED.

DETOX FOLLOWED WITH COUNSELING, EDUCATION, FAMILY AND INDIVIDUAL THERAPY, AND SUPPORT GROUPS CAN HELP AN INDIVIDUAL STOP USING DRUGS AND MAINTAIN SOBRIETY.

Introduction to Medication Assisted Treatment

- ▶ Medication-Assisted Treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. Research shows that a combination of medication and therapy can successfully treat these disorders, and for some people struggling with addiction, MAT can help sustain recovery.

Medication Assisted Treatment

In combination with counseling/therapy/recovery support
MAT can:

- ▶ Reduce illicit drug use
- ▶ Reduce morbidity/mortality
- ▶ Decrease overdose deaths
- ▶ Reduce transmission of infectious diseases
- ▶ Increase treatment retention
- ▶ Improve social functioning
- ▶ Reduce criminal activity

Barriers to Medication Assisted Treatment

Guilt and shame issues

Lack of access to appropriate treatment

Stigma

Cost of treatment

Assumption of need for highest level of care

Medications used in MAT

▶ Two Medications

- ▶ Suboxone - Buprenorphine and Naloxone
- ▶ Vivitrol - Buprenorphine and Naltrexone
- ▶ Helps people reduce or quit heroin and other opiates use
- ▶ Used as part of a comprehensive treatment plan that includes counseling and participation in social support programs.

Medications continued

- ▶ Synthetic medication that acts as a partial agonist at opioid receptors - does not produce the euphoria and sedation caused by heroin and other opioids, reduces or eliminates withdrawal symptoms
- ▶ Has low risk of overdose
- ▶ Available in tablet and film formulations

Side Effects of Medication

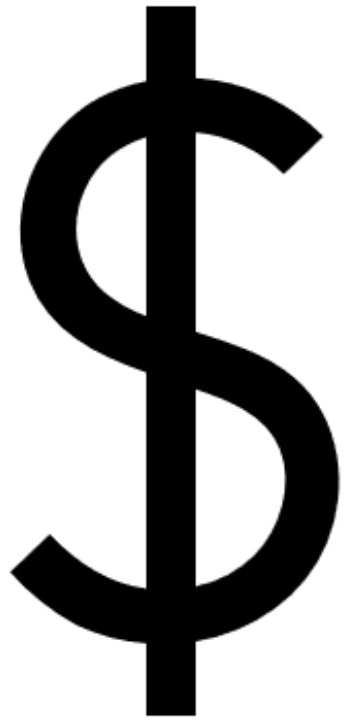
- ▶ Nausea, vomiting, and constipation
- ▶ Muscle aches and cramps
- ▶ Cravings
- ▶ Inability to sleep
- ▶ Distress and irritability
- ▶ Fever

Misuse Potential

- ▶ Can be misused by people who do not have an opioid dependency.
- ▶ Naloxone can be added to decrease the likelihood of diversion and misuse.

Medication Safety

- ✓ Do not take other medications without first consulting your doctor.
- ✓ Do not use illegal drugs, alcohol, sedatives, or drugs that slow breathing.
- ✓ Do ensure that a physician monitors and liver-related health issues.



How Much Does Opioid Treatment Cost

Suboxone

- Including medication and twice-weekly visits:
\$1,176.00 per week or \$14,112.00
-

Diabetes = \$8,000/year

Cardio Vascular disease =
\$15,000/year

Untreated OUD costs even more:



Criminal Justice

Babies born dependent on opioids

Increased transmission of infectious diseases



Treating Overdoses

Injuries associated with intoxication

Lost productivity

Cost of Opioid Addiction

The estimated expense to society of opioid addiction nears \$20 billion annually, yet the cost of treating an individual addicted to opioids is only \$4,000 per year. If every opioid-dependent person in the United States received treatment, \$16 billion would be saved every year.

National Drug Court Institute Practitioner Fact Sheet
"Methadone Maintenance and Other Pharmacotherapeutic Interventions in the Treatment of
Opioid Addiction." April 2002, Vol. III, No. 1

Opioid Overdose Prevention and Reversal



❖ Basic Overdose Information

Overdose is a preventable cause of death in the majority of cases because it:

Can happen to experienced as well as novice users.

Happens over 1-2 hours, not instantly.

Is witnessed by other users or others in the user's social network.

Can be treated effectively with naloxone (Narcan).

Risk Factors for Overdose

- ▶ **Loss of Tolerance:** Regular use of opioids leads to tolerance - more is needed to achieve the same effect (same high). Overdoses occur when people start to use again, following a period of abstinence such as incarceration, detox or “drug free” drug treatment.
- ▶ **Mixing Drugs:** Mixing opioids with other drugs, especially depressants such as benzodiazepines (Xanax, Clonopin) or alcohol. They are “synergistic”- the effect of taking mixed drugs is greater than the effect one would expect if taking the drugs separately or together. Cocaine is a stimulant but in high doses it can also depress the urge to breath.

More Risk Factors

- ▶ **Using alone:** When using drugs alone there is no one present to see signs of overdose. As noted above, users are at greater risk of overdosing if recently abstinent or mixing drugs and should try to avoid doing that when alone.
- ▶ **Variation in strength of 'street' drugs** Street drugs may vary in strength and effect based on the purity of the heroin (or other opioid) and the amount of other ingredients used to cut the drug. Users can use small amounts of new batches or inject slowly enough to get a feel of the quality.
- ▶ **Serious illness including:** AIDS, HCV liver disease, COPD, diabetes and heart disease.

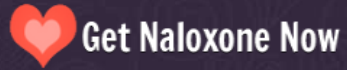
Key Vulnerable Groups

- ▶ People experiencing homelessness
- ▶ People experiencing incarceration
- ▶ People entering and exiting treatment of opioid use disorder (OUD)
- ▶ People living with HIV/AIDS

Opioid Overdose Reversal

- ▶ Naloxone (Narcan)
 - ▶ <https://www.youtube.com/watch?v=dBF0ovVWPYc>
 - ▶ Get Naloxone Now, web-based guidance on overdose reversal

Opioid Overdose Reversal

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In order to make this life-saving project sustainable, we are asking for a donation of \$10 for Certificates of Completion. Once you successfully complete the post-test, you will be able to donate. Then, your Certificate will be emailed to you and you will be able to log in to your account to print the Certificate up to 3 months post-training. Your tax-deductible donation will support GetNaloxoneNow's mission to extend the reach of overdose recognition, prevention and response education with naloxone. As preventable deaths continue to reach epidemic proportions, our work is as urgent as ever. (Check you spam folder if you do not see a Certificate in your email.) Thank you for your support!.

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Recovery is Real

Economic Benefits of Longterm Recovery

Because of longterm recovery, individuals are able to better their own lives, the lives of others, and their respective communities. By advocating for an expansion of recovery services, every citizen can contribute to the successes longterm recovery brings.



FINANCIAL SITUATIONS IMPROVE AS INDIVIDUALS CONTINUE THE RECOVERY PROCESS



\$350 BILLION
TOTAL COST OF ACTIVE
ADDICTION ANNUALLY

Statistics taken from the *Life in Recovery Survey*, conducted by Alexandre Lussier, Ph.D., in collaboration with Faces & Voices of Recovery.



Recovery is Real

FACES & VOICES
IN RECOVERY

TEN REASONS
TO FUND
RECOVERY SUPPORT SERVICES

1

CRITICAL COMPONENT

Recovery is a fundamental and necessary component of ongoing care for persons with a substance use disorder. It is a critical component of ongoing care for persons with a substance use disorder. It is a critical component of ongoing care for persons with a substance use disorder.

2

SOLUTION-FOCUSED

Recovery is a solution-focused and person-centered approach to care. It is a solution-focused and person-centered approach to care. It is a solution-focused and person-centered approach to care.

3

REDUCES RELAPSE

Recovery support services have been shown to reduce relapse rates. Recovery support services have been shown to reduce relapse rates. Recovery support services have been shown to reduce relapse rates.

4

ENHANCES PERSONAL WELL-BEING

Recovery support services have been shown to enhance personal well-being. Recovery support services have been shown to enhance personal well-being. Recovery support services have been shown to enhance personal well-being.

5

REDUCES HOMELESSNESS

Recovery support services have been shown to reduce homelessness. Recovery support services have been shown to reduce homelessness. Recovery support services have been shown to reduce homelessness.

6

ENGAGES PEOPLE INTO CARE

Recovery support services have been shown to engage people into care. Recovery support services have been shown to engage people into care. Recovery support services have been shown to engage people into care.

7

23 MILLION IN RECOVERY

Over 23 million Americans are in recovery. Over 23 million Americans are in recovery. Over 23 million Americans are in recovery.

8

NEW RECOVERY IDENTITY

Recovery is a new identity. Recovery is a new identity. Recovery is a new identity.

9

LONG-TERM RECOVERY

Recovery is a long-term process. Recovery is a long-term process. Recovery is a long-term process.

10

ROBUST RESEARCH

Recovery is supported by robust research. Recovery is supported by robust research. Recovery is supported by robust research.

FACES & VOICES
IN RECOVERY

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Recovery is Real

CREATING RECOVERY-READY COMMUNITIES

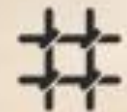
GUIDE TO RECOVERY SUPPORT SERVICES



ALTERNATIVE PEER GROUP (APG) – A community-based, family-centered, professionally staffed, positive peer support program that offers prosocial activities, counseling, and case-management for youth and young adults who struggle with substance use. The main focus is to offer and shape a new peer group that utilizes positive peer pressure to stay sober. In addition,



COLLEGIATE RECOVERY COMMUNITY – A supportive environment within the campus culture that reinforces the decision to disengage from addictive behavior. It is designed to provide an educational opportunity alongside recovery support to ensure that students do not have to sacrifice one for the other.



JAIL & PRISON BASED RECOVERY SUPPORT – Individuals in recovery bring recovery groups, coaching and other activities into facilities to assist incarcerated individuals in achieving and maintaining recovery and connecting with community-based recovery support upon release.



PEER RECOVERY COACHING – Non-clinical, peer-based activities that engage, educate and support an individual or family member to make life changes necessary to recover from addiction. A key element contributing to the value of this service is that peer recovery coaches appropriately highlight their personal experience of lived experience of recovery.

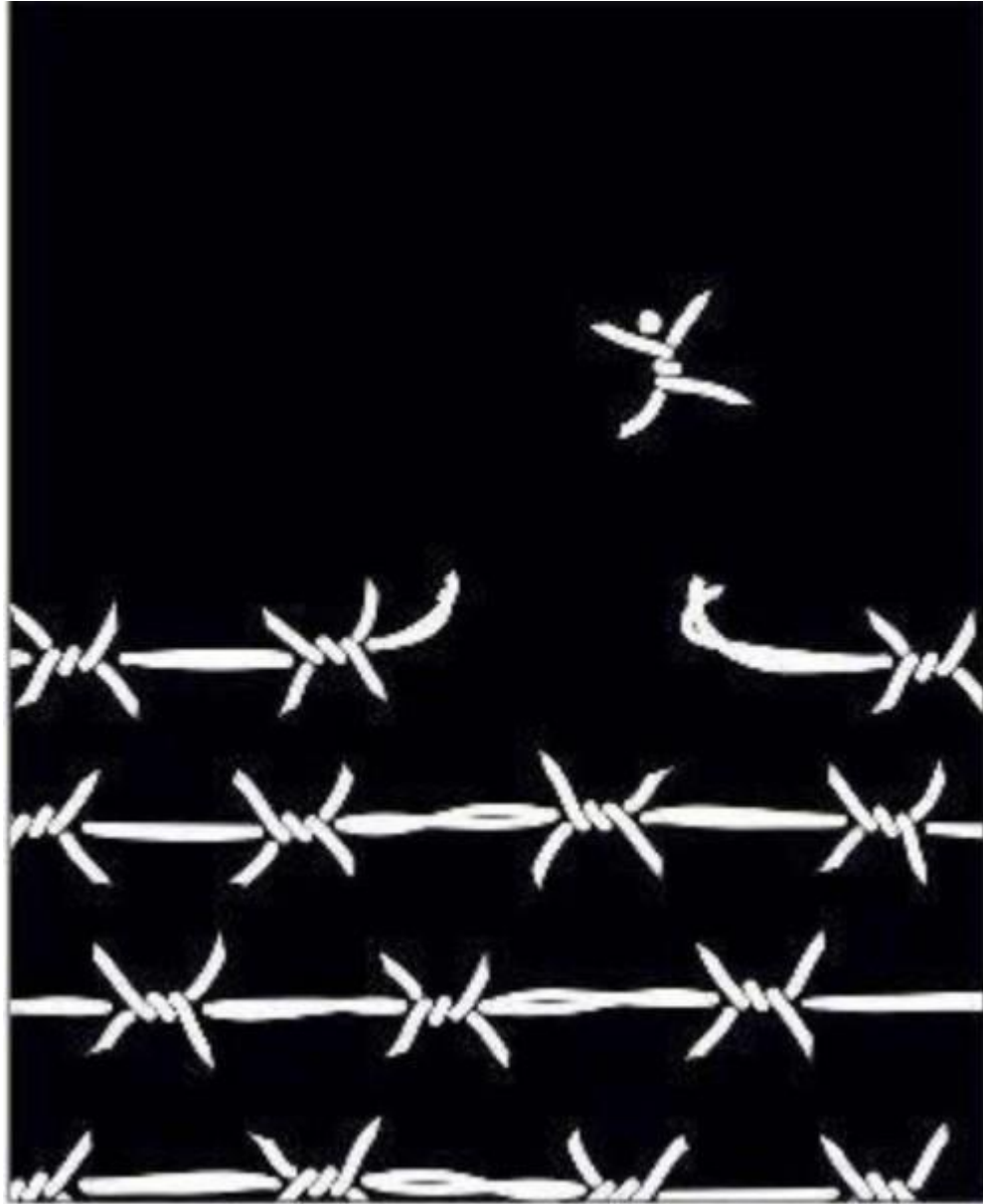


MEDICATION ASSISTED RECOVERY SUPPORT – Peer-based recovery support groups, recovery coaching, training, education and advocacy activities designed for the unique recovery needs of individuals in medication assisted treatment.

www.facesandvoicesofrecovery.org

**FACES &
VOICES**
OF RECOVERY





RESOURCES

Wyoming Prescription Abuse Stakeholders – WRxAS

<https://www.wyrxabusestakeholders.com>

Pocket Guide: Tapering off Opioids

https://www.cdc.gov/drugoverdose/pdf/Clinical_Pocket_Guide_Tapering-a.pdf

CDC Guideline for Prescribing Opioids for Chronic Pain

<https://www.cdc.gov/media/releases/2019/s0424-advises-misapplication-guideline-prescribing-opioids.html>

Medication-Assisted Therapies — Tackling the Opioid-Overdose Epidemic

<https://www.nejm.org/doi/full/10.1056/NEJMp1402780>

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov>

Telling The Story of Opioids in Wyoming, 2017, Wyoming Statistical & Analysis Center

<https://wysac.uwyo.edu/wysac/reports/View/6665>

RESOURCES

Faces and Voices of Recovery - <https://facesandvoicesofrecovery.org/welcome.html>

Facing It Together - <https://www.wefaceittogether.org>

National Council on Addiction and Drug Dependence - <https://www.ncadd.org>

Facing Addiction - <https://www.facingaddiction.org>